



## Chai Cake

 Dairy Free

READY IN



130 min.

SERVINGS



8

CALORIES



371 kcal

DESSERT

### Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 cup butter
- 2 tablespoons butter
- 2 eggs
- 1 cup flour all-purpose
- 0.8 cup granulated sugar
- 0.3 teaspoon ground cardamom
- 0.3 teaspoon ground cinnamon

- 1 teaspoon ground cinnamon
- 8 servings ground cinnamon
- 0.3 teaspoon ground cloves
- 0.3 teaspoon ground ginger
- 1.5 cups powdered sugar
- 0.3 teaspoon salt
- 2 tablespoons freshly tea prepared
- 2 orange zest sweet with orange rind and spices flavored
- 1 teaspoon vanilla
- 0.7 cup water boiling

## Equipment

- bowl
- frying pan
- sauce pan
- baking paper
- oven
- wire rack
- hand mixer
- toothpicks
- measuring cup

## Directions

- Heat oven to 350F. Line bottom and side of round pan, 8x1 1/2 inches, with cooking parchment paper. Grease paper with shortening; lightly flour.
- Place tea bags in boiling water in measuring cup; let stand 5 minutes.
- Remove tea bags, squeezing liquid into measuring cup.
- Add enough water to tea to measure 2/3 cup. Measure 1/2 cup tea for cake; reserve 2 tablespoons tea for glaze.

- In medium bowl, mix flour, baking powder, 1 teaspoon cinnamon, the salt, ginger, cardamom and cloves; set aside. In large bowl, beat granulated sugar and 1/2 cup butter with electric mixer on medium speed, scraping bowl occasionally, until fluffy. Beat in eggs and 1 teaspoon vanilla until smooth and blended. Gradually beat in flour mixture alternately with 1/2 cup tea until smooth.
- Pour into pan.
- Bake 28 to 33 minutes or until toothpick inserted in center of cake comes out clean. Cool 10 minutes; remove from pan to wire rack. Cool completely, about 1 hour.
- Meanwhile, in 1-quart saucepan, melt 2 tablespoons butter over medium heat. Stir in all remaining ingredients until smooth.
- Spread Chai Glaze over top of cooled cake, allowing some to drizzle down side.
- Sprinkle with additional cinnamon.

## Nutrition Facts

**PROTEIN 3.5%**

**FAT 36.97%**

**CARBS 59.53%**

### Properties

Glycemic Index:32.14, Glycemic Load:21.94, Inflammation Score:-5, Nutrition Score:6.3417391725208%

### Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Theaflavin: 0.06mg, Theaflavin: 0.06mg, Theaflavin: 0.06mg, Theaflavin: 0.06mg Thearubigins: 3.01mg, Thearubigins: 3.01mg, Thearubigins: 3.01mg, Thearubigins: 3.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg Theaflavin-3,3'-digallate: 0.06mg, Theaflavin-3,3'-digallate: 0.06mg, Theaflavin-3,3'-digallate: 0.06mg, Theaflavin-3,3'-digallate: 0.06mg Theaflavin-3'-gallate: 0.06mg, Theaflavin-3'-gallate: 0.06mg, Theaflavin-3'-gallate: 0.06mg, Theaflavin-3'-gallate: 0.06mg Gallic acid: 0.05mg, Gallic acid: 0.05mg, Gallic acid: 0.05mg, Gallic acid: 0.05mg

### Nutrients (% of daily need)

Calories: 370.56kcal (18.53%), Fat: 15.55g (23.92%), Saturated Fat: 3.34g (20.85%), Carbohydrates: 56.32g (18.77%), Net Carbohydrates: 54.3g (19.75%), Sugar: 40.92g (45.46%), Cholesterol: 40.92mg (13.64%), Sodium:

337.2mg (14.66%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Protein: 3.31g (6.63%), Manganese: 0.6mg (30.03%), Vitamin A: 711.62IU (14.23%), Selenium: 9.06µg (12.95%), Vitamin B1: 0.13mg (8.88%), Folate: 35.19µg (8.8%), Calcium: 87.69mg (8.77%), Vitamin B2: 0.15mg (8.64%), Fiber: 2.02g (8.07%), Iron: 1.27mg (7.05%), Phosphorus: 61.61mg (6.16%), Vitamin C: 4.22mg (5.11%), Vitamin B3: 1mg (5.01%), Vitamin E: 0.74mg (4.93%), Vitamin B5: 0.28mg (2.76%), Copper: 0.05mg (2.43%), Zinc: 0.32mg (2.11%), Magnesium: 8.35mg (2.09%), Vitamin B12: 0.12µg (1.93%), Vitamin B6: 0.04mg (1.85%), Potassium: 60.91mg (1.74%), Vitamin D: 0.22µg (1.47%)